

February 2021

# Carver Council on Aging

## What's Inside for February

### **"Eating the Mediterranean Way"** **Zoom Demo with Registered Dietitian** **Marcia Richards MEd RD MCHES** **Friday, February 5th** **at 10:00 am.**

Learn about the health benefits of the popular Mediterranean Diet. Plus, watch demonstrations of how to prepare a delicious soup and layered salad all based on this year's top-rated diet.



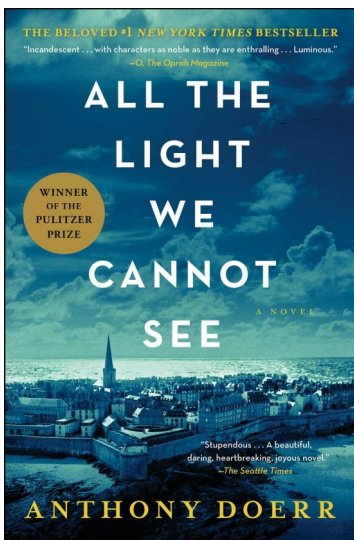
Call Connie at **508-866-4698 x3** to register for this event and to receive the Zoom link to join us online.

### **Valentine "Love & Kisses" from the Friends of the Carver COA**

The Friends of the Carver COA is offering seniors a FREE Valentine Goodie Bag with a frosted glass votive holder, battery operated tea light and Hershey's chocolate Kisses!



Happy Valentine's Day from your "Friends"!  
Call **508-866-4698 x3** by **Monday, 2/8** to reserve your goodie bag to pick up at the Nutrition Center between 11 am - 12 pm on either Tuesday 2/9 or Thursday 2/11.  
Quantities may be limited.



## **Join the Carver COA Facebook Book Club**

The COA is coordinating with the Carver Public Library to offer a monthly Council on Aging Book Club. Several copies of the selected title will be available to checkout at the library at the beginning of each month. Call ahead to the library for curbside service or checkout your copy in person on Mondays or Wednesdays. Each week, questions will be posted on the COA Book Club Facebook page for your responses to be added in the comments.

Call **508-866-4698 x3** to register for this program.

The title for February is *All the Light We Cannot See* by Anthony Doerr  
**WINNER OF THE PULITZER PRIZE**

From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant *New York Times* bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

### **COUNCIL ON AGING**

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

### **COA DIRECTOR**

Connie Kelly  
Monday-Friday  
8 AM-4 PM  
**508-866-4698 x3**  
connie.kelly@carverma.gov

### **BOARD OF DIRECTORS**

Donna Marie Forand-Chair  
Helen Marrone-Secretary  
Savery Moore  
Claudia Miller  
Nancy Ryan  
Stephanie Clougherty Alt.  
Paula Hitchcock Alt.

### **FRIENDS OF THE CARVER COA**

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

*Please consider other passengers and limit the number of shopping bags on shopping trips*

## UPDATED LIMITED SCHEDULE

**Due to the Corona Virus, Gatra Bus Service has changed.**

**Capacity is limited to 2 passengers maximum per bus and masks are required.**

**Trips are limited to:**

**\* Doctor's Appointments**

**\* Pharmacy Runs**

**\* Grocery Shopping at Shaw's Carver Only  
Wednesdays and Fridays**

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

Call **508-866-4698 x-1** prior to 12 pm the day before.

## Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

**LOAN CLOSET** (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

## COPIES

This free service is not available at this time while the COA building is still closed to the public.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

## LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

**Annual membership is \$10.**

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.



## SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

## WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

**Important Reminder:** *The State recommends people over the age of 65 and people with underlying health conditions - who are at high risk for COVID-19 - should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.*

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.



*Special Thanks to Tracey  
for her weekly donations  
for the seniors of the community!*



## GATRA MINI-BUS

**Peggy Wood**

*Dispatcher*

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

**Heidi Lufkin-Miles**

*Outreach Coordinator*

Tuesday - Thursday

9 AM - 3 PM

**508-866-4698 x 2**

## NUTRITION CENTER

**June Benson**

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

## WEEKLY ACTIVITIES ON HOLD

- COFFEE HOUR
- ACRYLIC / OIL PAINTING
- CRIBBAGE/RUMMIKUB/SKIP BO
- BINGO

## MONTHLY ACTIVITIES ON HOLD

- COFFEE WITH THE CHIEF
- BASKET WEAVING
- SINGO with Jim the DJ Guy
- FOOTCARE

If you need pedicare, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic 116 Court St., Plymouth 508-747-1973.

## **AARP** Foundation **TAX-AIDE**

### LIMITED AARP TAX HELP STILL TO COME

AARP will be offering a *very limited* Tax Aide Program in Carver this year with the ability to complete **only a third to a quarter** of prior year returns.

This limited number is a result of IRS and AARP policies of limited contact between preparers and clients due to COVID. There will be major changes to the process - dropping off paperwork and returning a few days later to pick up your completed return. The procedures for completing the returns are still not finalized and will be announced sometime in February, **BUT DO NOT CALL TO MAKE A TAX APPOINTMENT AS NO REGISTRATIONS ARE BEING TAKEN AT THIS TIME.** Priority for the first appointments will be given to the 32 people whose appointments were cancelled last year due to the shutdown, leaving very few, if any, openings. Please note that there will be no preparation available for tax payers using Schedule A or Schedule C tax forms. Please be prepared with an alternative plan for your taxes if we are unable to fit you into our schedule.

## WHAT'S HAPPENING THIS MONTH

### CUSTOM CARVER COA CHAIR YOGA VIDEO CLASS

with Mary Wilson of Wild Divinity Yoga

Available for viewing the week of February 1st on the Friends of the COA website: [friendscarvercoa.com](http://friendscarvercoa.com) and the Friends YouTube Channel.



### FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging  
Available weekly for pick up at the Nutrition Center **Thursdays between 11 -12 .** Reservations for a craft need to be made by noon the day prior at 508-866-4698 x3. Limited availability.



**Hand Painted Wooden "LOVE" Sign**  
Sign, paints, glitter and brush. 2/4.



### "Heart of Stone" Craft

Small stone heart with embossed floral details, paints and brush. 2/11



### "Heal Your Hearth" Soy Candle Kit

Candle tin with lid, soy wax melts, wick and choice of essential oil scents: lavender, chamomile or frankincense, plus instructions. 2/18



### Paper Flower Plaque

Wooden plaque, die-cut flower shapes, plus

paints, brush and instructions. 2/25

Watch "Crafting with the COA" videos on Area 58 and posted on the Friends of the COA Website:

[www.friendscarvercoa.com](http://www.friendscarvercoa.com) or on YouTube under friendscarvercoa.

### CARVER COA SHINE COUNSELOR NEEDED

Anyone interested in volunteering as a SHINE

Counselor to provide assistance to seniors with their health insurance questions please contact Christie Rexford at the Regional SHINE Office at the Middleboro COA at 1-800-231-1155. A 12-day training program will be starting in April. Once trained, the hours at the Carver COA would be 9-12 one day a week for in-person appointments. Additional days may be needed during Medicare open enrollment Oct-Dec.



### FOOD PANTRY

Shane Gives Thanks - 128 Main St.  
Tues./Thurs - 8 - 1

\*Wed 1 - 4

Sat/Sun/Mon - Closed

\*Wed. is Veteran's Shopping Day  
Home Delivery to homebound residents.  
508-866-7673

### MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.

Monday - Friday

**Daily Cost: \$3.00**

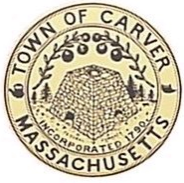
Call the Nutrition Center at  
508-866-4698 x 4

### SHINE PROGRAM

**Health Insurance Counseling**

Appointments via phone or email only available at this time.

**Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)**





CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

# FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Don't forget to register for the "Eating the Mediterranean Way" Zoom Demo before Feb 5th</i>	<b>1</b> <i>Make reservations for Grab &amp; Go lunch by 12:00 noon</i>	<b>2</b> <b>Grab &amp; Go Lunch</b> Pick up 11-12	<b>3</b> <i>Make reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</i>	<b>4</b> <b>Grab &amp; Go Lunch &amp;/or Craft</b> Pick up 11 - 12	<b>5</b> <i>"Eating the Mediterranean Way" Zoom Demo 10:00 am</i>	<b>6</b>
<b>7</b>	<b>8</b> <i>Make reservations for Grab &amp; Go lunch and/or Valentine Goodie Bag by 12:00 noon</i>	<b>9</b> <b>Valentine Goodie Bag</b> <b>Grab &amp; Go Lunch</b> Pick up 11-12	<b>10</b> <i>Make reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</i>	<b>11</b> <b>Valentine Goodie Bag</b> <b>Grab &amp; Go Lunch &amp;/or Craft</b> Pick up 11 - 12	<b>12</b> <i>Make reservations for Grab &amp; Go lunch by 12:00 noon Due to the Monday holiday</i>	<b>13</b>
<b>14</b> 	<b>15</b> 	<b>16</b> <b>Grab &amp; Go Lunch</b> Pick up 11 - 12	<b>17</b> <i>Make reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</i>	<b>18</b> <b>Grab &amp; Go Lunch &amp;/or Craft</b> Pick up 11 - 12	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> <i>Make reservations for Grab &amp; Go lunch by 12:00 noon</i>	<b>23</b> <b>Grab &amp; Go Lunch</b> Pick up 11 - 12	<b>24</b> <i>Make reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</i>	<b>25</b> <b>Grab &amp; Go Lunch &amp;/or Craft</b> Pick up 11 - 12	<b>26</b>	<b>27</b>
<b>28</b>				